

Eternal chemicals seem to be everywhere, so what now? Don't despair, but instead campaign for change and use alternatives in your private life!

PFAS chemicals, known as "forever chemicals", are substances that hardly degrade in the environment and gradually accumulate in our food, water and even in the human body. This group of substances is very large, and their behaviour, effects and health risks vary greatly. Unfortunately, research is increasingly showing that a number of them pose potential health risks. For some substances, this has already been proven and they are therefore already regulated. For other molecules, such as TFA, risk assessment is only just beginning.

The situation is serious, **but that is no reason to despair!**

It is true that **real progress can only be achieved if politicians take action**: through stricter rules, better monitoring and clear measures to reduce PFAS and ban them in the long term. That is why it is so important to address the political level and, in this sense, to support environmental NGOs such as Mouvement Ecologique, which are technically strong and persistent in their efforts to bring about precisely these changes.

At the same time, the very legitimate question arises: **what can you do as a private individual?** Even if the **scope for individual action is limited, there are small, helpful steps you can take to reduce your personal exposure to PFAS** – and thus make a small but effective contribution.

Here you will find a collection of links and practical tips to help you in your everyday life.

1. On this interactive page from Switzerland, you can clearly see where **PFAS** can be hidden in **your own home**:

<https://www.konsumentenschutz.ch/online-ratgeber/gefaehrliche-pfas-die-wichtigsten-infos-ueber-die-ewigkeitschemikalien/>

However, this site does not offer any alternatives, so we advise you to consult the other links.

2. You can find **PFAS-free cosmetics** using the Toxfox app from BUND in Germany:

https://play.google.com/store/apps/details?id=de.bund.toxfox&hl=de_CH&gl=US

3. Probably the best-known example of PFAS: coated pans. Here you will find tips on how **to use** pans without PFAS – i.e. **uncoated pans** made of stainless steel, etc. – **correctly** (in French):

<https://reporterre.net/Inox-fonte-ceramique-On-a-cherche-une-poele-sans-PFAS>

4. Many **outdoor clothing brands** have already stopped using PFAS (please note that not all of the brands listed here are made from organic materials and are therefore less harmful; the list on this external site focuses on PFAS):

<https://www.thegoodgoods.fr/media/sante-environnement/que-sont-les-pfas-ou-polluants-eternels-quelles-sont-les-marques-doutdoor-pfas-free/>

5. List of **PFAS alternatives for industry**. This document is of a more technical and chemical nature. It is not immediately accessible to laypeople, but it shows that alternatives are available. It could potentially be used as leverage for companies: <https://www.beroeinc.com/resource-centre/insights/potential-safer-substitutes-pfas-forever-chemicals>

6. Choose **pesticide-free food, e.g. organic food** – in addition to the general added value for nature, no PFAS pesticides were used in its cultivation. Unfortunately, this does not completely protect you against diffuse atmospheric inputs of TFA, but the overall exposure is likely to be significantly lower (cf. [PAN Europe study on wine](#)).

→ The overview is a work in progress – the population, science, politics and industry are facing a major challenge due to these forever chemicals, but pressure to innovate is enabling solutions to be found! France, for example, has already banned a number of products containing PFAS, and Germany will no longer allow children's toys containing PFAS by 2030.

If you have any good sources with overviews of PFAS-free alternatives, please feel free to send them to us: claire.wolff@oeko.lu